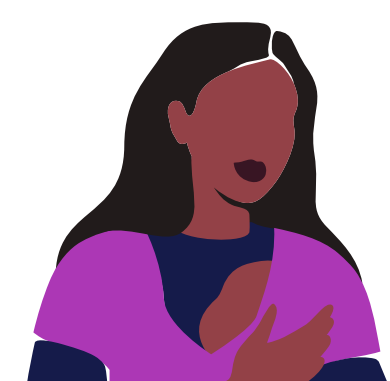


# United States of Care is building a better future that includes a better postpartum experience for Black women.

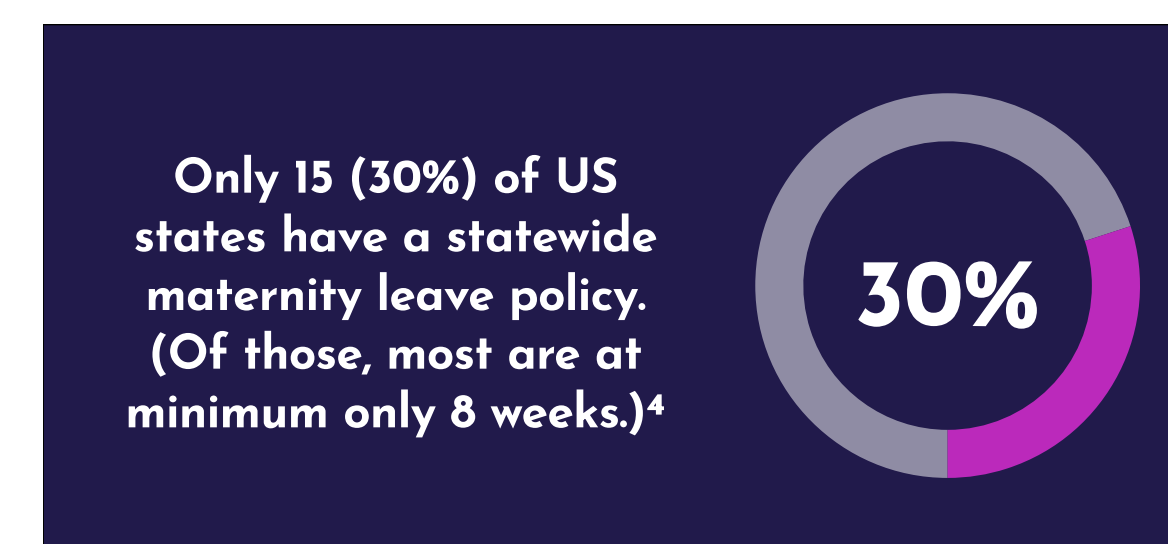
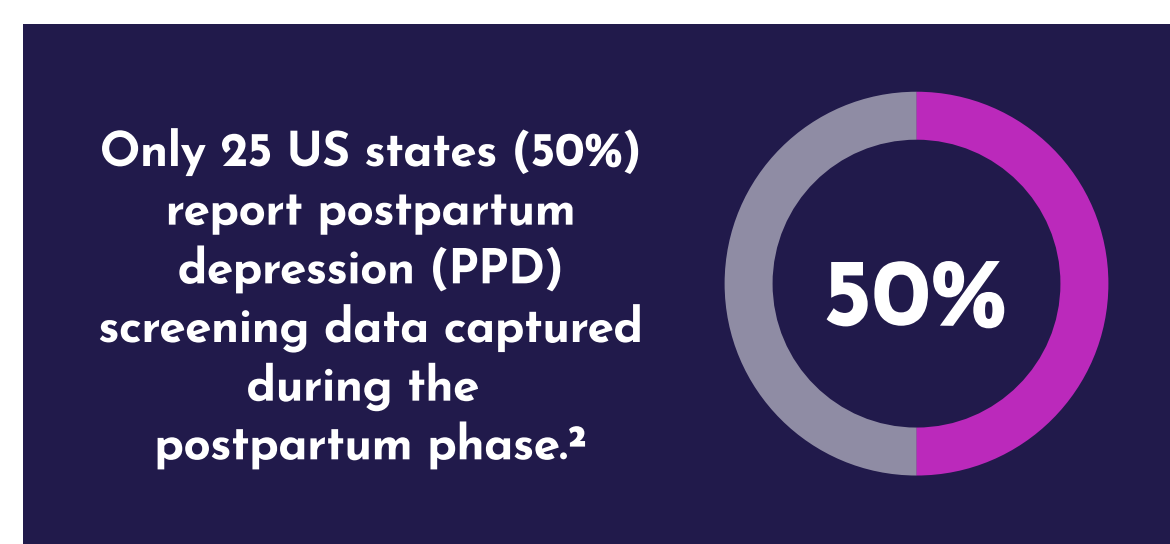
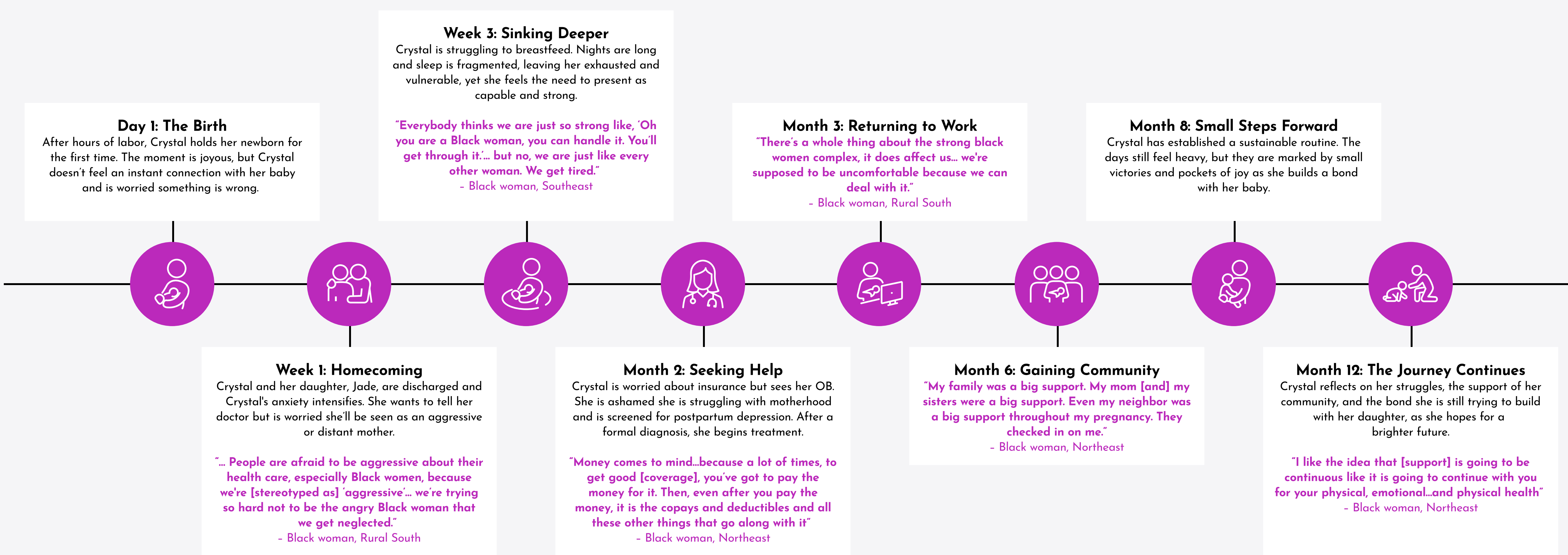
Our health care system fails new mothers by not offering support or care in these vulnerable moments. This is on top of the racial disparities in maternal mortality rate: recent [data](#) shows that the mortality rate among Black women has skyrocketed to almost three times that of white women, regardless of their income or education.

Discover how postpartum care is experienced differently across the US.



## Meet Crystal on her postpartum journey.

Crystal's narrative comprises real insights derived from patient listening sessions facilitated by US of Care in July 2023.



ZS analysis of public sources: (1) Access to Information - Lactation Consultant Counts (by state), International Board Certified Lactation Consultants (IBCLCs) in the U.S. & Territories, 2019, CDC. (2) Maternal Mental Health - Provider Screenings for Postpartum Depression (by state), PRAMS Survey Data, 2021. (3) Maternal Mental Health - Postpartum Depression Death Rates (by state), National Center for Health Statistics (NCHS) & National Vital Statistics System (NVSS), 2018. (4) Healthcare Coverage - Maternity Leave Allowance Policy (by state), Parents.com, 2024.

## Top high-/low-performing states across metric areas

- 1. Postpartum depression rate<sup>5</sup>**  
Highest performing: Vermont (8.7%)  
Lowest performing: Idaho (25.4%)
- 2. Employer-sponsored health coverage<sup>6</sup>**  
Highest performing: New Hampshire (68%)  
Lowest performing: New Mexico (46%)
- 3. Postpartum doula counts (perinatal health workers)<sup>7</sup>**  
Highest performing: California (361)  
Lowest performing: North & South Dakota (2)
- 4. Stillbirth rates<sup>8</sup>**  
Highest performing: New Mexico (3.5)  
Lowest performing: Mississippi (10.6)

ZS analysis of public sources: (5) PRAMS Survey Data, 2021 (6) Employer-sponsored Health Insurance Coverage of Women ages 19-64, Kaiser Family Foundation (KFF), 2022. (7) Doula Match, 2024. (8) Number of Fetal Deaths per 1000 Live Births, National Vital Statistics Reports, 2020.